CLAIMS

What is claimed is:

1. A composition comprising *Serenoa repens* or an extract thereof and a sympathomimetic agent.

2. The composition of claim 1, wherein the *Serenoa repens* or extract thereof has anti-adrenergic activity.

3. The composition of claim 2, where the anti-adrenergic activity is inhibition of agonist binding to the alpha-adrenergic receptor.

4. The composition of claim 1, wherein the composition is in pharmaceutically acceptable form.

5. The composition of claim 1 comprising an extract of *Serenoa repens* comprising a compound isolated from *Serenoa repens* selected from the group consisting of fatty acids, fatty acid esters, alcohols and sterols.

6. The composition of claim 1, where the sympathomimetic agent is comprises ephedrine or an ephedrine related alkaloid.

7. The composition of claim 1, wherein the sympathomimetic agent comprises a mixture of ephedrine or ephedrine related alkaloid and caffeine.

8. The composition of claim 1, wherein the sympathomimetic agent is selected from the group consisting of synephrine, pseudoephedrine, and phenylpropanolamine.

9. The composition of claim 1, wherein the sympathomimetic agent is ma huang or other natural sources of ephedrine or related alkaloids, or *Citrus aurantium* or other natural source of synephrine.

10. A method of alleviating the side effects of a sympathomimetic agent, the method comprising administering *Serenoa repens* or extract thereof, and the sympathomimetic agent, to a human or animal in need thereof;

wherein the *Serenoa repens* or extract thereof is administered in an amount effective to reduce side effects of the sympathomimetic agent.

11. The method of claim 10, wherein the *Serenoa repens* or extract thereof has anti-adrenergic activity.

12. The method of claim 11, where the anti-adrenergic activity is inhibition of agonist binding to the alpha-adrenergic receptor.

13. The method of claim 10, wherein the *Serenoa repens* or extract thereof is administered in a pharmaceutically acceptable form.

14. The method of claim 10, comprising administering an extract of *Serenoa repens* comprising a compound isolated from *Serenoa repens* selected from the group consisting of fatty acids, fatty acid esters, sterols and alcohols.

15. The method of claim 10, where the sympathomimetic agent comprises ephedrine or an ephedrine related alkaloid.

16. The method of claim 10, wherein the sympathomimetic agent comprises a mixture of ephedrine or ephedrine related alkaloid and caffeine.

17. The method of claim 10, wherein the sympathomimetic agent is selected from the group consisting of synephrine, pseudoephedrine, and phenylpropanolamine.

18. The method of claim 10, wherein the sympathomimetic agent is ma huang or other natural sources of ephedrine or related alkaloids, or *Citrus aurantium* or other natural source of synephrine.

19. The method of claim 10, wherein the Serenoa repens or extract thereof is administered at least about 24 hours prior to administration of the sympathomimetic agent.